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FRANCE'S JO-WILFRIED TSONGA BEATS ROGER FEDERER TO WIN THE ROGERS CUP MEN'S SINGLES TITLE

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Guy Parent, Canada's veterans ombudsman, says Canadian peacekeepers have incredibly difficult jobs. Parent celebrated the country's peacekeepers during National Peacekeepers' Day on Saturday, when hundreds of people marched from Ottawa's War Memorial to the Peacekeeping Monument. DENIS ARMSTRONG/FOR METRO

Celebrating a nation of peacekeepers

National Peacekeepers' Day.

'It's like fighting with both hands tied behind your back'

DENIS
ARMSTRONG
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For a Canadian soldier, the only thing more potentially dangerous than fighting on the front line is trying to keep the peace during an international conflict.

When your job is to prevent two warring factions from fighting, as the Canadian military has been doing for 25 years, peacekeepers often find themselves in the line of fire both from the front and the back. Making matters worse, they're often not allowed to fire back.

It's a whole new level of bravery that was acknowledged Sunday as hundreds of friends and family members honoured Canadian peacekeepers from the last 25 years as they marched from the War Memorial to the Peacekeeping Monu-

ment on Sussex Drive to mark Aug. 9 as National Peacekeepers' Day.

"Sometimes it's like fighting with both hands tied behind your back," said Guy Parent, Canada's veterans ombudsman, who represents more than 750,000 Canadian vets. "Because of the rules of engagement in Bosnia and Rwanda, we see a lot of post-traumatic stress disorder (PTSD) because the soldiers couldn't defend civilians from atrocities.... Consequently, there was a lot of guilt and psychological issues from those experiences."

Parent, who was a member of Canada's peacekeeping forces in the Sinai desert between Egypt and Israel from 1999 to 2001, said that, despite the dangers, Canadians are among the best peacekeepers in the world. More than 125,000 Canadians have served on international security missions over the last 60 years, more than any other nation.

"Canadians are good peacekeepers because it's in our nature," said Parent.

Once stigmatized as a sign of weakness, PTSD has become a widespread issue throughout the Canadian forces, resulting in so many suicides and tragic incidents involving traumatized soldiers — including the public breakdown and attempted suicide of Lt.-Gen. Romeo Dallaire in 2000 — that Canadian forces were forced to make psychologists and counsellors available to soldiers in the field.

On Canadians

"We're happy people who are willing to help others."

Guy Parent, Canada's veterans ombudsman

American invasion at this year's Capital Pride party

Support from the south.
U.S. sponsors prominent LGBT community members for this year's celebration

 **SEAN MCKIBBON**
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Things are changing in the U.S. in terms of LGBT rights and to show its support for equality, the American Embassy will be joining the Capital Pride party next week.

The embassy is sponsoring two prominent members of the U.S. LGBT community as they participate in Pride week activities and some members of the embassy staff will be marching in the Pride parade.

Cason Crane, an openly

Quoted
"Canada, in many senses, is ahead of the U.S. on LGBT equality. Same-sex marriage legalized in 2003 — that's why so many U.S. citizens have come up to Canada to get married."

U.S. Embassy cultural attaché Diane Sovereign

gay American mountain climber who raised \$135,000 for the Trevor Project by soliciting sponsorships for climbing the "Seven Summits," will be Capital Pride's International Marshal. The embassy is also sponsoring Stephanie Bataglano as a special guest at Capital Pride.

Bataglano is a transgender activist, speaker and the assistant vice-president and communications director at the New York Life Insurance Company.

"Canada, in many senses, is ahead of the U.S. on LGBT equality. Same-sex marriage legalized in 2003 — that's why so many U.S. citizens have come up to Canada to get married," says cultural attaché Diane Sovereign, explaining that for many years, the U.S. State Department has focused on advocating for LGBT equality in other countries as a human rights issue.

"By joining the Pride festival this year, we're just showing U.S.-Canada co-operation on this issue. It's more an opportunity to show our two countries are on the same page on LGBT rights and how Canada and the U.S. see it as a human right and just good business."

Since the U.S. Supreme Court struck down the Defence of Marriage Act in the landmark 2013 deci-



The Capital Pride Parade moves north along Bank Street through Ottawa's newly designated LGBT Village during last year's parade. SEAN MCKIBBON/METRO

sion in the U.S. vs. Windsor case, LGBT activists in the U.S. have had a "renewed" energy in addressing the issue. Things are changing state by state, says Sovereign, though she notes most U.S. states still do not recognize same-sex marriages.

In terms of federal legislation, the Employment Non-Discrimination Act was passed in the U.S. Senate in November with "strong bipartisan support," but the House of Representatives has "failed to act," she said, meaning the legislation is

not law, but that it's in legal limbo — much like Canada's human rights legislation protecting people from discrimination on the basis of gender identity, which was passed by the House of Commons, but hasn't been voted on by the Senate.

Coming out of closet 'wasn't an issue' for Pride 2014's International Marshal

Though there's still work to be done in Canada and the U.S. to advance the equality of the LGBT community, the progress that's been made is striking when you hear Cason Crane's experience of coming out in the U.S.

"My story is not a very interesting one, but I think actually that is what is most interesting about it — that it was so relaxed," says the openly gay mountain climber, who in addition to climbing the "Seven Summits" is a motivational speaker who advocates on behalf of LGBT youth and anti-bullying programs. He's been named



American mountain climber Cason Crane is this year's Capital Pride International Marshal. CONTRIBUTED

Capital Pride's International Marshal for this year's event. At 14 he realized he

was gay and he was very open about it as he attended a private boarding school in Connecticut.

"I would make a remark about how I found this guy good-looking or that guy good-looking. And that was how I did it. It really wasn't an issue."

"Looking back on it, there was only one other person in my whole school who was openly gay."

An avid athlete, he participated in sports and eventually became the first openly gay male captain of a sports team at his school, without even realizing there

was anything notable about it, he says.

Which is not to say he never got bullied or had the words gay or fag thrown at him by other youths. But he says those negative experiences were "isolated incidents that don't compare with the aggressive, daily bullying that some LGBT youth face."

He says working to end the bullying of LGBT youth that frequently results in their pain and sometimes suicide means working on ending bullying in general.

Bullying happens whether kids are LGBT or not, he

says.

"Though they are out and tolerated, they're not necessarily embraced, and that's why I think there need to be programs that are not just targeted at LGBT youth, but that address bullying," he says.

He said Canada offers some good examples of youth being "in the driver's seat," and being empowered to stop bullying.

"There are many great cases in Canada of youth standing up saying no to bullying — Pink Shirt Day is a great example of that."

SEAN MCKIBBON/METRO

MS Bike Tour. 700 cyclists take part, raise more than \$500K for MS research

Cycling from Metcalfe south of Ottawa to Cornwall and back may sound like a long trip, unless you were one of the 700 cyclists who pedalled their way to more than \$500,000 for Multiple Sclerosis in the MS Bike Tour over the weekend.

Seventy-five teams — the most ever in the event's 25-year history — rode all, or a portion of, the 250-kilometre circuit beginning in Metcalfe Saturday with a layover in Cornwall before returning to the Metcalfe Curling Club Sunday afternoon.

An annual event since 1990, the MS Bike Tour has become one of the most popular of the capital's fundraisers because so many people either have MS, or know someone who does.

Richard Jurewicz, whose wife has had MS for 25 years, rides the circuit every year, personally raising \$100,000.

"My wife has tapped into the services of the MS Society for many years," said Jurewicz.



Jenny Ball-Bene receives a kiss from her husband following the MS Bike Tour on Sunday. CONTRIBUTED

"My love of biking and my love for my wife makes this an event I will do until a cure for MS is found."

"Many individuals have a connection with MS," said Laurel Mackenzie, event spokesperson and regional director of the MS Society of Canada.

"Whether it's a friend, relative or themselves, it's personal. They wouldn't miss it because it's important, and it's a fun day." DENIS ARMSTRONG/FOR METRO

\$1 million in damages. Ottawa Fire Services kept busy over the weekend

Ottawa Fire Services was trying to determine what caused a major blaze that destroyed a home on Saturday night.

The call came in around 10:41 p.m. for a home that caught fire at 93 Malhotra Ct. Nobody was home, but the house is a total loss and the family has been displaced, according to Ottawa Fire Services.

A neighbouring home was also damaged, but the family should be able to return. No injuries were sustained. Damage is estimated at \$650,000.

TREVOR GREENWAY/METRO

Another fire in the city's east end Saturday afternoon displaced two families and killed a family dog. The fire started around 1:40 p.m. at 1326 Foxwell St. and quickly spread to a neighbouring home. Nobody was home except for the pet.

Firefighters tried to revive the dog unsuccessfully. Damages are estimated at \$350,000.

It was the third fire of the weekend, after firefighters responded to a kitchen fire on McCarthy Road Saturday morning.

TREVOR GREENWAY/METRO

Medical pot user claims smoking cost him his job

David-George Oldham. Former TD employee takes case to Human Rights Commission after he says he was fired for medicating at work



TREVOR GREENWAY

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A former TD Bank employee in Ottawa who says he was fired for using medical marijuana while on the job has taken his complaint to the Canadian Human Rights Commission.

David-George Oldham says he suffers from migraines and chronic back pain, and has been a licensed medical marijuana user since December 2013 and began smoking pot at work to alleviate his symptoms.

When he came back from smoking and smelled like pot, he says his human resources managers became concerned and demanded to see proof of his medical marijuana licence, which he declined to show.

"I protested the invasion of my privacy with them wanting to know more information, specifically my human resources managers, because my direct managers, after knowing that I was licensed, had no concerns," said Oldham. "They respected it, but then human resources found out... I would smoke outside off of company property. I didn't feel like I was doing anything wrong."

Oldham says a representative from HR then began scheduling meetings with him. He said he knew it had to do with his pot use, so he declined every meeting.

According to Oldham, he was told to take a paid leave of absence on April 22 while his managers inquired about his "religious and medical use of cannabis."

He was then escorted from the building and was later officially terminated.

An email sent to Oldham from his employer states that because he missed so many meetings, he breached the company's code of behaviour



David-George Oldham, seen here holding his medical marijuana licence, claims he was fired for using medicinal marijuana while at work at TD Bank. TREVOR GREENWAY/METRO

and ethics and was therefore terminated.

Oldham denies the claim but offered a statement on the company's behalf.

"TD strives to provide a healthy, inclusive and barrier-free workplace for all employees," she wrote in an email. "Because of the diverse nature of our workforce, this might involve establishing personalized approaches for how, when and where work is completed based on employees' unique needs, including accommodation for medical conditions."

Oldham is awaiting a response from the commission.



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Iraqi PM to file legal complaint against new president as U.S. continues airstrikes

Kurdish fighters reinvigorated. The Kurds have pushed Sunni militants out of two villages in Iraq

Iraq's embattled Prime Minister Nouri al-Maliki, in a surprise speech late Sunday, accused the country's new president, Fouad Massoum, of violating the constitution, plunging the government into a political crisis at a time it is battling advances by Islamic State militants.

Al-Maliki, whose Shiite-dominated bloc won the most seats in April elections, accused Massoum of neglecting to name a prime minister from the country's largest parliamentary faction by Sunday's deadline. He said the president has violated the constitution "for the sake of political goals."

The political infighting could hamper efforts to stem advances by Sunni militants Sunday, achieving one of their first victories after weeks of retreating, a senior Kurdish military official said.

President Barack Obama warned Americans on Saturday

that the new campaign to bring security to Iraq requires military and political changes. Obama said Iraq needs a prime minister — an indication that suggests he's written off the legitimacy of the incumbent, al-Maliki.

Reinvigorated by American airstrikes, Kurdish forces retook two towns from Sunni militants Sunday, achieving one of their first victories after weeks of retreating, a senior Kurdish military official said.

Kurdish peshmerga fighters were able to push the militants of the Islamic State group out of

Thousands trapped

The Yazidis are a minority group who say the militants have said convert to Islam or die. Trapped on Sinjar Mountain, they are followers of an ancient religion linked to Zoroastrianism.

the villages of Makhmour and al-Gweir, some 45 kilometres from Irbil, Brig. Gen. Shirko Fatih said.

The United States launched a fourth round of airstrikes

Sunday against militant vehicles and mortars firing on Irbil as part of efforts to blunt the militants' advance and protect American personnel near the Kurdish capital.

U.S. warplanes and drones have also attacked militants firing on minority Yazidis around Sinjar, which is in the far west of the country near the Syrian border.

In the Kurdish capital on Sunday, the president of the semi-autonomous Kurdish Regional Government, Massoud Barzani, said American military support has been effective thus far, but, he added, peshmerga soldiers require more firepower to defeat the militants.

"What we are asking our friends is to provide us support and to co-operate with us in providing us with heavy weapons that we are able to fight this terrorist group," Barzani said.

British officials estimated Saturday that 50,000 to 150,000 people could be trapped on Sinjar Mountain, where they fled to escape the Islamic extremists, only to become stranded there with few supplies.

THE ASSOCIATED PRESS

St. Louis

Teenager shot in altercation with police officer

An unarmed black teenager was shot and killed by police in suburban St. Louis after an altercation that involved two people and an officer, authorities said Sunday while hundreds of protesters demanded justice outside.

Police have not disclosed the name of the man who was killed, but family members identified him as 18-year-old Michael Brown.

Ferguson police Chief Thomas Jackson said the man who was shot was unarmed. Jackson said police are in contact with the second person who was involved in the altercation, but that the person has not been charged and was expected to be interviewed later Sunday.

THE ASSOCIATED PRESS

Israel and the Hamas militant group accepted an Egyptian ceasefire proposal Sunday that would last 72 hours, clearing the way for the resumption of talks on a long-term truce to end a month of heavy fighting in the Gaza Strip that has taken nearly 2,000 lives.

The announcement marked the second time in less than a week that the bitter enemies had agreed to Egyptian mediation. A similar three-day truce last week collapsed in renewed violence over the weekend.

The truce took effect at midnight. In Cairo, the Egyptian Foreign Ministry said the ceasefire would allow humanitarian aid into battered Gaza neighbourhoods and the reopening of indirect talks on a more lasting and comprehensive deal.

Hamas is seeking an end to the Israeli-Egyptian blockade.

ade against Gaza, while Israel wants Hamas to dismantle its formidable arsenal of rockets and other weapons.

Palestinian negotiators accepted the proposal early Sunday after meeting with Egyptian officials throughout the weekend. Israeli officials concurred later.

Qais Abdulkarim, a member of the Palestinian delegation, said indirect talks with the Israelis would begin Monday.

The fighting ended in a three-day ceasefire last Tuesday. Egypt had hoped to use that truce to mediate a long-term deal. But when it expired, militants resumed their rocket fire, sparking Israeli reprisals.

The violence continued throughout the weekend, including a burst of fighting late Sunday ahead of the expected ceasefire. THE ASSOCIATED PRESS



Perigee moon shines bright Sunday night

A girl plays with a dog as a perigee moon, also known as a supermoon, rises in Madrid on Sunday. The phenomenon, which scientists call a perigee moon, occurs when the moon is near the horizon and appears larger and brighter than other full moons. ANDRES KUDACKI/THE ASSOCIATED PRESS



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The Canada Revenue Agency headquarters in Ottawa is shown on Nov. 4, 2011. Some international-aid charities are joining forces to challenge the Canada Revenue Agency's increased scrutiny of the sector.

SEAN KILPATRICK/THE CANADIAN PRESS

Foreign-aid charities challenging CRA audits

Critics. They say many targeted charities have been outspoken critics of the Harper government

Some international-aid charities are joining forces to challenge the Canada Revenue Agency's increased scrutiny of the sector, saying onerous new demands are draining them of resources that are badly needed overseas.

A dozen such groups conferred last week about a joint strategy to present to agency officials next month, a reversal from the last two years when many charities refrained from speaking out for fear of aggravating the taxman.

The new initiative is being quarterbacked by the Canadian Council for International Cooperation, representing some 70 groups who funnel charity dollars abroad to alleviate poverty and defend human rights.

The move is a belated reaction to a wave of political-activity audits ordered by the Harper government in 2012, but which only began to hit the international-aid sector in the second year after several environmental groups were swept up in the first round.

The dozen charities, many of whom are undergoing a political-activities audit them-

selves, agreed during a conference call to send a delegation to meet directly with senior Canada Revenue Agency officials. They drew up a short list of pressing issues, which is now being reviewed by the council's lawyers.

The Canada Revenue Agency has built a team of 15 auditors specifically to audit the political activities of select charities. Some 52 audits are underway or concluded, with eight more expected to be launched by 2016, drawing on a special \$13.4-million fund.

"The situation is negative and it's very worrying," Julia Sanchez, executive director of the council, said in an interview.

"The big concern that we've had for a long time, and which continues now, is the implicit questioning of civil society's ... capacity to advocate and do political work. That is a huge concern for us."

Charities can devote up to 10 per cent of their resources to political, though not partisan, activities, but definitions are vague and open to interpretation.

The first wave of audits targeting environmental groups followed public comments from key cabinet ministers, who vilified the sector as "radical" and money-launderers, especially those opposing the government's energy and pipeline priorities.

THE CANADIAN PRESS

Canada's Prince of Pot returns

Marc Emery, Canada's Prince of Pot, is expecting to be a free man come Tuesday.

The marijuana activist has finished serving a four-year jail term in the U.S. for selling seeds online.

He's been informed he'll be released from a privately run Louisiana detention centre — where he was being processed for deportation — and then placed on the

next flight to Detroit. From there, he'll be walked across the border to Windsor, Ont., likely on Tuesday, according to his wife, Jodie Emery.

"He's been taking it day by day," said Jodie, about Marc's preparations for his release.

Marc plans to make a statement and conduct media interviews once he returns to Canada as a free

man, before settling down for a picnic with family, friends and supporters.

He plans to make a stop-over in Toronto to visit more family and make himself available to media before returning home with his wife to Vancouver.

A rally is being planned for him at Victory Square, across the street from his famous Cannabis Culture

headquarters and seed shop.

Jodie — who is seeking a nomination to run federally for the Liberal party — told Metro she is flying to Windsor on Monday morning and will be waiting for Marc on Tuesday at the city hall plaza near the border.

Marc has indicated he will resume his political activities upon his return.

MATT KIELTYKA/METRO

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Is Twitter the next Facebook? Uh, no



HOW TO ROLL
Alison Griffiths
metronews.ca

Investors are all atwitter about tweeting. Since Twitter Inc.'s December peak at \$73.73 US, and subsequent fall from grace to just over \$30 in May, investor forums — often rather sleepy in August — have been buzzing about whether the social-media and micro-blogging company is a buy, sell, hold or short-sale prospect.

It was only weeks ago when the majority of analysts were bearish on the stock. But, after the 20 per cent surge in late July to close at \$46.47, things are starting to change. First came the report that second-quarter revenue jumped 124 per cent. Then up popped the news/rumours/leaks that Twitter is moving into e-commerce.

But not everyone is piling

on the Twitter bandwagon.

According to TheFlyOn-TheWall.com, there were four sell, 20 hold and 15 buy ratings on the stock a week ago. The consensus among analysts is hold with a price target of just over \$50.

That means most believe there is some upside to the stock but one shouldn't be betting the farm on it.

Despite the e-commerce hints, there are still concerns that Twitter may continue to be a creature of big events such as World Cup soccer and unable to sustain a steady growth in ad revenue in between.

Certainly big events power Twitter. There were more than 580,000 tweets per minute during the World Cup match between Germany and Brazil. And Beyoncé's Super Bowl extravaganza sparked 360,000 every 60 seconds.

That's a whole lot of OMGs, hashtags and trend-

ing going on.

But global market research firm International Data Corporation (IDC) doubts big-event highs will translate into growth.

"I would expect that at least two-thirds of World Cup Twitterers will stop using the platform again over the next six months," Karsten Weide, head of IDC's consumer research, told MarketWatch.com.

Twitter's biggest misstep has been to throw down the gauntlet to Facebook. CEO Dick Costolo said he intends to build the largest social-media audience in the world. But that's just silly posturing.

In order to grab a bigger share of the ad revenue all these companies so desperately need, Twitter should focus on what it can do uniquely. The more it tries to beat Facebook at its own game, the more investors should be wary.

No fixed address. Film student turns 'urban nomad' to pay debt faster

Faced with mounting personal debt, Geoffrey Westlock came up with a drastic solution.

He decided to go NFA — no fixed address.

The 44-year-old has been living in an RV trailer in Calgary since May, in a deliberate effort to pay down \$15,000 in debt he amassed as a film-school student.

Westlock now parks his truck and trailer in big-box

store lots around the city, and calls himself an "urban nomad."

It's more economical than renting a room, or leasing a townhouse, he said, as his fixed expenses amount only to a phone bill, a truck payment, and \$122 every two weeks for the trailer.

"It frees up a massive amount of cash to pay down my debts," Westlock said.

JESSICA PATTERSON/FOR METRO



Geoffrey Westlock and "Wanda," the home-on-wheels he's living in while trying to pay off \$15,000 in debt. JESSICA PATTERSON/FOR METRO

Keystone XL

Pipeline's effect underestimated: Climate study

An economic analysis of the proposed Keystone XL pipeline's possible climate impacts has concluded they could be up to four times higher than previously estimated.

In the study published in the journal Nature Climate Change, researchers at the Stockholm Environment Institute write that widely quoted U.S. State Department findings that the oilsands pipeline wouldn't make a significant difference missed a major source of greenhouse gas emissions.

"It didn't appear that they looked at the market implications," said co-author Peter Erickson. "If the Keystone pipeline were to enable a greater rate of extraction of the oilsands, would that not increase global fuel supplies, which might then decrease prices and therefore allow a little bit more global consumption?" THE CANADIAN PRESS

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INJECTION SITE IDEOLOGY TRUMPS EVIDENCE

It's become something of a tradition in recent years. Yet another study presents evidence supporting supervised injection sites for intravenous drug users, and our elected officials respond with heroic efforts to ignore it.

The latest one from Simon Fraser University, published in *Substance Abuse Treatment, Prevention and Policy*, makes a pocketbook argument for two such facilities in Ottawa and thus might be expected to appeal to our conspicuously frugal mayor.

Based on projections that the two sites, at an annual cost of \$4.4 million to operate, would prevent nine cases of HIV annually and 88 cases of hepatitis C alone, the researchers calculate health-care savings of just under \$5 million.

"These are very conservative estimates because we are not considering the cost of prevented overdose deaths," said Ehsan Jozaghi, one of the report's authors. "I mean, how can you put a value on human life?"

But the study also pointed out that the biggest obstacle to



URBAN COMPASS

Steve Collins

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opening a facility here is resistance from our federal and municipal governments and police.

Indeed, as the mayor's office responded to Metro's inquiries by email: "Since assuming office Mayor Watson has been consistent in his opposition to safe injection sites believing that scarce resources are better served being put towards treatment at facilities like those in the east and west ends of Ottawa. This continues to be his position and it is one that is supported by Ottawa's Police Chief, Charles Bordeleau."

Watson can't be faulted on his consistency. Two years ago, when a study recommended supervised injection sites for both Toronto and Ottawa, the cities with the highest and second-highest rates of HIV infection, respectively, in the province, he argued that expert opinion on

the sites is split.

"There are studies on both sides that show whether it's working or whether it's not working," he said. "I have to live in the realm of reality."

But reality didn't back the mayor's assertion. More than 50 peer-reviewed studies have indicated that Vancouver's Insite, the only such facility in North America, prevents disease and overdoses and gets addicts into treatment. On the other side? Nada. This split in expert opinion is pure fiction.

"People just shouldn't be allowed to say that, because it's like saying the world's flat," Dr. Mark Tyndall, head of the infectious disease unit at the Ottawa Hospital, told me at the time. "You have an ideological opinion about drug use and somehow you can undermine all the science by one statement that you think it's split. You will not find anybody who has researched this or anybody who works in the field that will tell you that there's controversy about the effectiveness of this."

Catherine Hacksell of the Campaign for Safer Consumption Sites in Ottawa still believes that eventually evidence will prevail over stigma, and a site will open here.

"This is the right thing to do, but it feels like a hard sell for politicians, or they think it might be," she said. "A lot of it has to do with ideology.... Some people can't accept that (IV drug use) is happening, and Ottawa is the kind of town that in my opinion is really good at covering a problem."

KEEPING THE 'Z' IN ... ZONKEY?



A hybrid of a zebra and a donkey stands at the Taigan zoo park outside Simferopol in Crimea on Aug. 5.
YURI LASHOV/AFP/GETTY IMAGES

Crossbreeding in Crimea: When a zebra 'befriends' a donkey

A Crimean zoo has welcomed into its collection a "zebroid" or "zonkey" after a zebra gave birth following befriending a

donkey.

Named Telegraph by the keepers at the Taigan zoo park, his head and body resemble that of a donkey and are a solid beige colour, with his legs marked by black zebra stripes.

Born last week, "Telegraph is very popular with visitors" who can watch him romping around with his mother, said director of the Crimean zoo Oleg Zubkov. GETTY IMAGES

Frowned upon

- Crosses between zebras and other members of the equine family are not unheard of, although it is more unusual that the zebra is the mother.
- However, allowing such breeding to occur is frowned upon in the zoo community.

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In this issue, you can find AR enhancements on page 8 in Scene.

Dollars in drawers in Detroit ... Woman, 78, busted with \$41,000 in cash in girdle, bra, bag at airport

A 78-year-old Florida woman tried to fly on an international trip to the Philippines from Detroit Metropolitan Airport with almost \$41,000 in cash hidden inside her girdle, bra and carry-on bag, federal authorities said.

A complaint filed Friday in U.S. District Court in Detroit said the Clearwater woman was trying to board a flight April 2 to the Philippines with her daughter. She initially said she had \$200 in cash but submitted a form declaring she had \$1,200, prompting questions.

The woman told authorities that she had recently sold her home for \$120,000, wired some money to the Phil-

\$21K in girdle

During a search, Customs and Border Protection officers found \$8,000 in wallets in her carry-on bag, \$4,000 sewn into a cloth pouch and nearly \$1,000 in envelopes, according to the complaint. She then told them she had \$3,000 in her blouse and \$2,000 sewn into the strap of her bra. Officers continued to search and said they found about \$21,000 in her girdle.

ippines and had planned to carry a portion of the money with her.

"She stated that she did not wire the proceeds to the Philippines this time because she thought it was safer to carry the money," according to the complaint.

Federal law requires travelers to declare if they are carrying more than \$10,000. The woman hasn't been charged, but the government in the forfeiture complaint said it wants to keep the money. The Detroit News reported details of the request Friday.

Federal court records don't list a lawyer for the woman. The Associated Press left a message Saturday seeking comment from her at a telephone listing in Florida.

THE ASSOCIATED PRESS

Even in hair and leather, Sinead is still in charge

Not bossy. Singer defends sexy cover photo on new album that features honest and direct lyrics

PAT HEALY
Metro in Boston

Sinead O'Connor is no stranger to controversy, including a recent spat with Miley Cyrus after the younger singer reacted unfavourably to her letter about the evils of the music industry. She cautioned Cyrus about using sexuality to sell music, so it was surprising when O'Connor's new album, I'm Not Bossy, I'm the Boss (out on Aug. 12), arrived and she is looking sexy herself in a leather dress and an actual hairdo.

With the new album, I hear a bit of the honesty and direct lyrical style that was present in your breakthrough album more than your recent work. To some extent, I've changed the platform from which I write. When I was younger, before I made (the 2002 album) Sean-Nos-Nua and the Rasta record (2005's Throw Down Your Arms) and into (2007's) Theology, I wrote from a different platform. I was a young person who had a lot to get off her chest. I wrote from a much more personal point of view in those days.

But since then, I guess I closed the chapter, very much beginning with the last album (2012's How About I Be Me (and You be You)). I'm inclined to write characters, mostly. So they're not necessarily auto-



Surprisingly, Sinead O'Connor agreed to pose in a leather dress and wig to promote her new album. Unsurprisingly, it became the cover. DONAL MOLONEY

biographical. In fact, for the larger part, they're not at all.

A line on the song Eight Good Reasons goes, "I love to make music but my head got wrecked by the business." This feels like a theme.

It's kind of about how, for a lot of musicians, you get into

music for the sake of making music, and you only spend about 4 or 5 per cent of your time making music. The business end of music is very ugly. It's very much pimps and hos, and we're the hos, and that can be demeaning.

There's a line in the song

AUGMENTED REALITY

Scan this photo with your Metro News app to watch the video for Take Me to Church, the first single from Sinead O'Connor's new album.



→ See the full instructions on Metro's Voices page.

The Grumpy Guide To Life

By Grumpy Cat

Kindle/iBooks/Kobo



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

"Never lead," advises Grumpy Cat in this book of self-woe, "always follow. It's easier to trip someone from behind." Filled with captioned cat photos, this guide to nurturing your inner grump deconstructs themes of love, nature, family, career and friendship. It's a silly, sometimes witty, collection of gags.

Online star power

YouTube stars top Hollywood

The average U.S. teen is more likely to swoon over PewDiePie than Jennifer Lawrence. In a survey for Variety, the teens were asked to rank 20 celebrities. YouTube stars took the top five spots: Smosh, the two-man comedy team, followed by The Fine Brothers, Swedish video gamer PewDiePie, British YouTuber KSI and U.S. celebrity Ryan Higa. **AFP**



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Director makes waves with Aquaman defence



**NED
EHRBAR**
Metro in Hollywood

A couple of radio hosts in Detroit were talking trash about Aquaman last week, so Batman V Superman: Dawn of Justice director Zack Snyder decided to call in and defend him — proving once more that Aquaman can't defend himself and has no business in the Justice League. I kid! I kid! But seriously, folks, Snyder — who is in Detroit to film the superhero flick that clearly isn't taking up that much of his time — wanted to make it clear that Aquaman would be totally awesome in the movie should he end up in the movie, but

David Arquette toasts being true to himself

This does not bode well. One-time sober person and all-the-time good-time-party-guy David Arquette is not hiding the fact that he's been getting hammered lately, despite having a four-month-old baby at home. "I'm not sober. It's very hard (to work in the nightlife field and stay sober). That's probably why I'm not sober," he recently told Rumor Fix. That "probably" is a nice touch, suggesting more inquiry



ALL PHOTOS: GETTY IMAGES

Is that a mic wire in Elba's pants, or ...

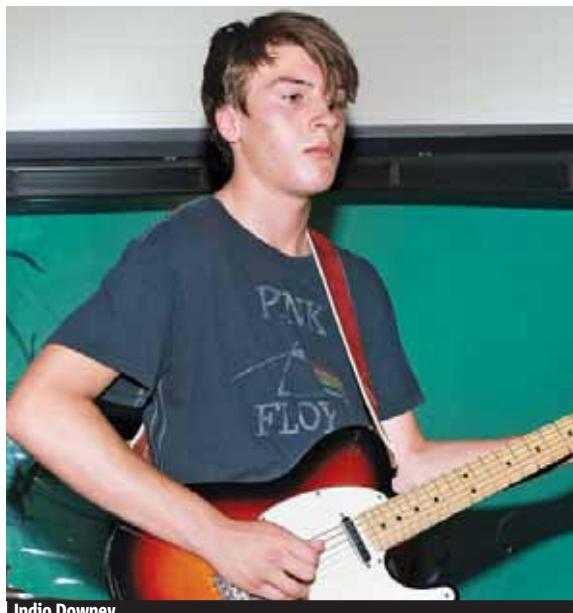
The Internet went into a frenzy recently when photos of Idris Elba on the set of his new movie seemed to point to a certain astonishing anatomical aspect of the Luther and Thor star. Sleuths insisted the images prove Elba is both ridiculously well-endowed and a member of John Hamm's anti-underwear club. But apparently it was all too good — or big — to be true, as Elba himself took to Twitter to clear things up.

"The good news is I got a s—load of followers," he tweeted. "The bad news is that is a mic wire."

Idris Elba



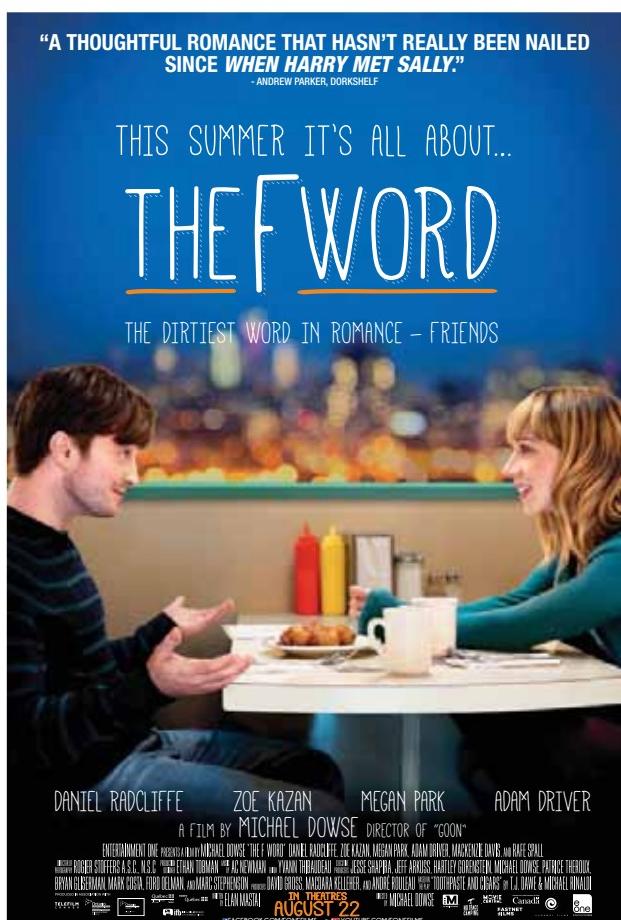
But what a lucky mic wire, right?



Younger Downey charged with felony drug possession

Indio Downey, son of Iron Man star Robert Downey Jr., has been officially charged with felony drug possession following his arrest in June, according to TMZ. Cops stopped a car in which Indio

was riding after spotting the 20-year-old brandishing drug paraphernalia. A subsequent search turned up cocaine on his person. Indio has previously sought treatment for addiction to pain medication.



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Divorce wars are for losers

Negotiate or litigate?

Nobody wins in costly court battles, so work out a deal on your own and move on with life



GAIL

VAZ-OXLADE

Gail blogs daily at gailvazoxlade.com

Trying to get a divorce? Wondering why it's taking so long and costing so much?

Family courts are backlogged because we've been conditioned to believe the divorce process has to be both litigious and expensive. But it doesn't have to be either.

If we applied some common sense — putting the beginning of our next chapter ahead of the retaliation we feel for ending the last chapter — it could be a much smoother process.

The Ontario government knows marriage dissolution is a mess. It's looking for ways to encourage people to talk it out rationally and stay out of court. That'll keep more money in people's pockets.

Darren Gingras, president of The Common Sense Divorce (with which I am affiliated) says, "In my work as an independent financial broker, it wasn't uncommon to encounter clients who had just come through a divorce process. Most of the time, my clients found themselves emotionally distraught, financially devastated and with their credit destroyed."

There's got to be a better way. It seems the trick is to recognize from the get-go that divorce is going to suck, that how much you contribute to the brouhaha will dic-



Once you've decided to split from your spouse, why prolong the agony with long divorce proceedings? iSTOCK

tate how much it costs, and there are alternatives: mediation and collaborative divorces are the smarter way to go.

Nobody gets married thinking the relationship will end in divorce. Even as I was marrying my third husband and my lawyer was shouting "pre-nup, Pre-nup, PRE-NUP!" I thought it would be my forever relationship.

When the crap does hit the fan, angry partners are inevitably given incorrect information or unrealistic expectations by well-meaning friends and family. That's only one of the dumb mistakes divorcing people make. If you or your

friends have no idea of the options available and assume incorrectly that you're in for a battle royale with long, drawn-out court appearances and expensive litigation, how will you pay for it all?

Money. Yup, it's the fighting over who will get how much, not the legalities of a divorce process, that causes costs and emotions to run high. The average price of a contested divorce in Ontario is \$15,800 per person. The average price of a contested divorce that goes to court is \$23,900, taking anywhere from one to three years to finalize.

So it's time to stir some common sense into the mix. It's time to set aside animosity, irrational behaviour, and unfettered escalating costs, and remember the point is to get out of the last chapter with dignity and enough money to start the next.

Don't think you'll get out of your marriage with a bill for \$4.95. But you can keep more of your family's money in each of your pockets if you show a willingness to discuss and negotiate.

And if you find the right team to help you navigate the rocky shores of the divorce process, you're more likely to

Mediation benefits

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- 2** It's faster. You can take 2 years to go through the courts or half the time with a mediated divorce.
- 3** Your privacy is maintained. Go to court and it becomes a matter of record.
- 4** The separation agreement can be better tailored to your situation.
- 5** There will be less stress on the kids.

sail into safe harbour.

The very idea of divorce can be so scary that people stay put rather than deal with the perceived complications.

Darren Gingras says his phone rings off the hook after major holidays and long weekends when people finally face up to the need to make a change in their lives. They've had enough and denial won't work anymore.

Wouldn't it be nice to have someone who knows what's going to happen next explain each step along the way?

You can have that. And you can have a team of experts that knows the ins and outs of what you have to consider as you make your decisions. (You do know that family lawyers don't know squat about money management, right?)

And you'll have someone to remind you that divorce isn't about winning — something a lot of people duking it out in court have forgotten.

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How to identify narcissists? Just ask them

Quoted

"People who are narcissists are almost proud of the fact."

Brad Bushman, Ohio State professor

U.S. researchers conducted 11 experiments involving 2,200 participants and found that identifying narcissists is as simple as asking them directly, while making sure they understand the definition of the word and its implications.

The magic formula? Ask the supposed narcissist the following question and don't forget to make him aware of the note at the end:

"To what extent do you agree with this statement: 'I am a narcissist.' (The word 'narcissist' means egotistical, self-focused, and vain.)"

Researchers did exactly so in experiments on a multitude of subjects.

"Overall, narcissism is problematic for both individuals and society," says Brad Bushman, co-author of the study and a professor of communication and psychology

at The Ohio State University.

"Those who think they are already great don't try to improve themselves. And narcissism is bad for society because people who are only thinking of themselves and their own interests are less helpful to others."

This discovery on how to single out such menaces to society represents a grand advancement in social sciences that will save time and effort for researchers by eliminating the need for the conventional Narcissistic Personality Inventory test. Researchers

found the results of their Single Item Narcissism Scale (SINS) test in accordance with those of the 40-item NPI.

Among the researchers reflections after extensive interactions with narcissists is the element of pride observed.

"People who are narcissists are almost proud of the fact," says Bushman.

"You can ask them directly because they don't see narcissism as a negative quality. They believe they are superior to other people and are fine with saying that publicly." AFP



Although bad for society, narcissists are happy with themselves. iSTOCK

Elevate a yummy Cobb on a bed of arugula and whole wheat pasta

Pack a picnic. All this week Metro looks at recipes with a fresh take on packable classics for eating out-of-doors or at your desk

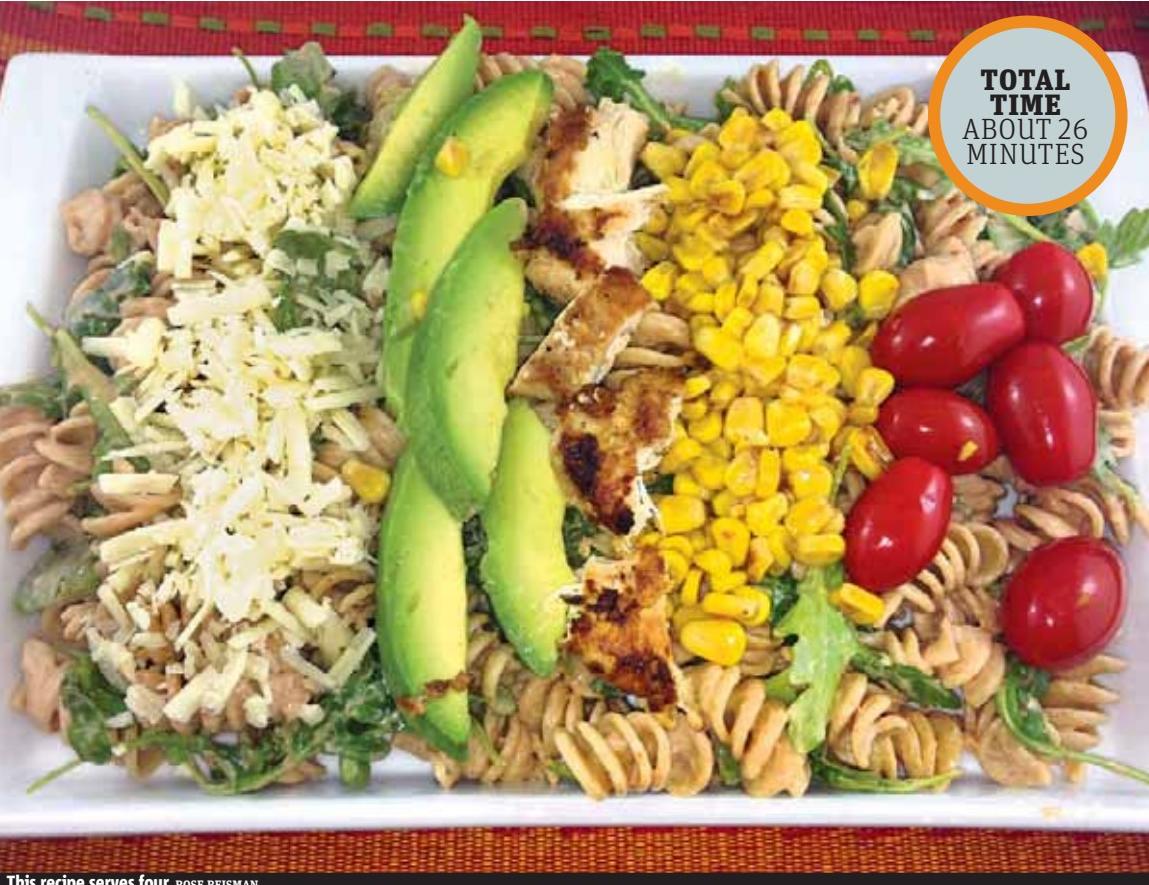


ROSE REISMAN
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Planning a picnic but tired of the standard fare? Reimagine the classic pasta salad with a California Cobb twist. This healthy dish includes all the elements of a Cobb salad including tomatoes, corn, avocado, chicken and cheese, but with the addition of whole wheat pasta and a delicious simple Russian dressing.

It's easy to pack either as a plated dish or assemble right before you eat. Always keep the hot weather and proper cooling in mind when packing your food for outdoor eating. Keep perishable items such as the chicken, cheese and dressing on ice and don't leave the pasta salad out for more than two hours.

There's loads of nutrition in this one-dish meal. The whole wheat pasta gives you an extra boost of fibre — close to double that of white pasta. Arugula boasts



This recipe serves four. ROSE REISMAN

eight times the calcium, five times the amount of vitamin A, vitamin C and vitamin K, and four times the iron of iceberg lettuce. Avocado con-

tains folic acid and vitamin B6, which is associated with a lower risk of heart disease.

All in all, a healthy and incredibly delicious salad!

Directions

1. Cook pasta until just firm to the bite, approximately 8 minutes. Drain well and rinse

with cold water. Place on a large oval dish. Add arugula and mix.

2. Combine ingredients for

Ingredients

Salad

- 8 oz whole wheat Catelli rotini
- 1 1/2 cups arugula
- 1 cup canned or frozen corn niblets
- 1 cup grape tomatoes
- 4 oz cooked chicken breast
- 1/2 cup sliced avocado
- 2 oz grated white cheddar cheese

Dressing

- 2 tbsp mayonnaise
- 3 tbsp low-fat sour cream
- 2 tbsp Heinz sweet chili sauce or ketchup
- 2 tbsp water

dressing and mix into pasta.

3. In a small skillet sprayed with vegetable oil, add corn and tomatoes and sauté on a high heat just until both vegetables begin to brown, about three minutes.

4. Place corn, tomatoes, chicken, avocado and shredded cheese over top in separate rows to create the classic Cobb look.

SOURCE: THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY: ROSE REISMAN

FLASH FOOD



From your fridge
to your table
in 30 minutes or less

Roast string beans for an unexpected burst of flavour

We're used to seeing green string beans as a side dish, but the white variety is often forgotten. Similar in taste and texture, I like changing it up with this uncommon pick.

These beans are filled with antioxidants and can be stored for at least a week if unwashed and placed in a plastic bag in the refrigerator crisper. Roasting the beans along with the garlic, tomatoes and black olives gives you a true Mediterranean feel. Great as a side dish or salad on its own.

Directions

1. Preheat the oven to 425 F. Line two baking sheets with

foil and lightly coat with cooking spray.

2. Place the garlic cloves and tomatoes on one of the foil-covered baking sheets. Place the string beans on the other sheet. Spray both sheets of vegetables with vegetable oil. Bake for 10 minutes, then remove the tomatoes. Continue baking for another 10 minutes until the beans are slightly browned and the garlic is soft. Carefully squeeze out the garlic cloves.

3. Place the beans on a serving dish along with the cherry tomatoes, olives, olive

Ingredients

Salad

- 8 cloves of garlic with skin on
- 2 cups cherry tomatoes
- 1 1/2 lb white or yellow string beans, trimmed
- 1/3 cup whole black olives
- 1 tbsp olive oil
- pinch of pepper

Garnish

- 2 tbsp chopped fresh basil

oil, pepper and garlic cloves. Toss. Garnish with basil.

SOURCE: THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY: ROSE REISMAN



This recipe makes six servings. ROSE REISMAN

Doing the workplace watusi

From dance floor to desk. Pro dancer Derek Hough teaches us how to get the best out of all our partners

LAKSHMI GANDHI
Metro World News

Over the course of 13 seasons on Dancing With The Stars, ballroom dancer Derek Hough has been paired with celebrities as varied as former talk show

host Ricki Lake, country singer Kellie Pickler and Olympian Shawn Johnson.

This week, Hough releases his book *Taking the Lead: Lessons from a Life in Motion*, in which he delves into what it takes to transform a celebrity into a dancer and how to take

what can be scathing criticism on live television.

Hough — who just completed his Move Live tour co-starring his sister Julianne — took some time to share a few of those lessons with us.

You will never be 100-per-cent ready

Wondering if it's time to make your next move? Don't wait until you are "ready," says Hough. "It's trial by fire," he says. "You're never 100-percent ready. That's something I learned growing up in England while being trained by dancers Shirley and Corky Ballas. For me, with my personality, I'm such a perfectionist that I didn't want to go out on the dance floor until I was ready."

"If it was up to me, I would have stopped myself," he continues. "But Shirley just taught me to get out there and just do it."

Make an effort to get to know your partner — including co-workers

"Each partner is so different, but that's what makes it exciting," says Hough. "It's all about adapting, it's about figuring out what are their strengths and weaknesses."

Work to bring out the best in your partner

Being a cast member on Dan-



Derek Hough performs at the 2014 Young Hollywood Awards in July.
GETTY IMAGES

cing with the Stars means that you are one part professional ballroom dancer and one part life coach/therapist/chief motivator.

"One of my favourite parts is working with celebrities and really trying to figure out what that fear is and seeing their eyes light up when they get past it."

Sometimes you just have to learn as you go along

Longtime DWTS fans may be surprised to learn that Hough

had never really choreographed professional routines before joining the cast. "I wasn't a teacher, I wasn't a choreographer. I was really faking it 'til I made it."

Criticism isn't personal

One of the hardest parts about performing on a show like DWTS is receiving criticism from the judges on live television just moments after a performance.

"Truthfully, early on I got really nervous," Hough recalls. "If it wasn't good, it was my fault, it had nothing to do with my partner."

He notes that his approach to the judges' comments has evolved over the years.

"Now it's more like, 'Am I happy with my performance?' If I feel like (my partner) did a really good job, I kind of take (the judges' comments) with a grain of salt. If it's negative and I agree, I always say so."

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Lessons from the desert

Find new freedom by daring to be unreasonable



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Life hands all of us opportunities, yet we perceive most of them as outside our comfort zone. A big project comes up and the standard response is, "No, this is not reasonable." As we age, these tentative

tendencies gets worse as our risk tolerance decreases, and decision-making hovers between protecting ourselves and avoiding the sting of potential failure at the expense of taking on something new.

When I'm faced with that decision, I think of my running mentor Dr. Mehmet Danis, whose favourite expression is: "Be unreasonable."

The opportunity to do just that came in May when I was invited to join a bicycle race in the French Pyrenees in which we would ascend 10,000 feet three days in a row.

The Pro-Am event teams professional cyclists with seven amateurs; all must finish together.

My immediate response was obvious: lacking experience, not being bike fit, and being overweight, I would slow everyone down and be riddled with guilt if I accepted. And even if I thought I could do it, I didn't have enough time to get ready.

I had so many reasons to say no. But then Dr. Mehmet's words came to mind. "Be unreasonable," I thought.

Take a walk on the wild side

I had so many reasons to say no. But then Dr. Mehmet's words came to mind. 'Be unreasonable,' I thought.

Ten weeks later, on the eve of the race, I'm 20 pounds lighter and fitter than I thought was possible within that time frame, albeit filled with anxiety about what lies ahead. My life is forever changed: new habits, friendships, a love for a sport I never knew existed and an incredible experience I will remember forever.

Reasonableness is a standard against which we make most decisions. It typically yields a predictable outcome: Playing the game of life not to lose. Being unreasonable opens up the option of playing to win while expanding our comfort zones to include new possibilities.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Not even Federer could match Tsonga

Favourite demolisher. Frenchman beats four straight top-10 players to win his first ATP title of the season

As a No. 13 seed, Jo-Wilfried Tsonga had a punishing draw at the Rogers Cup.

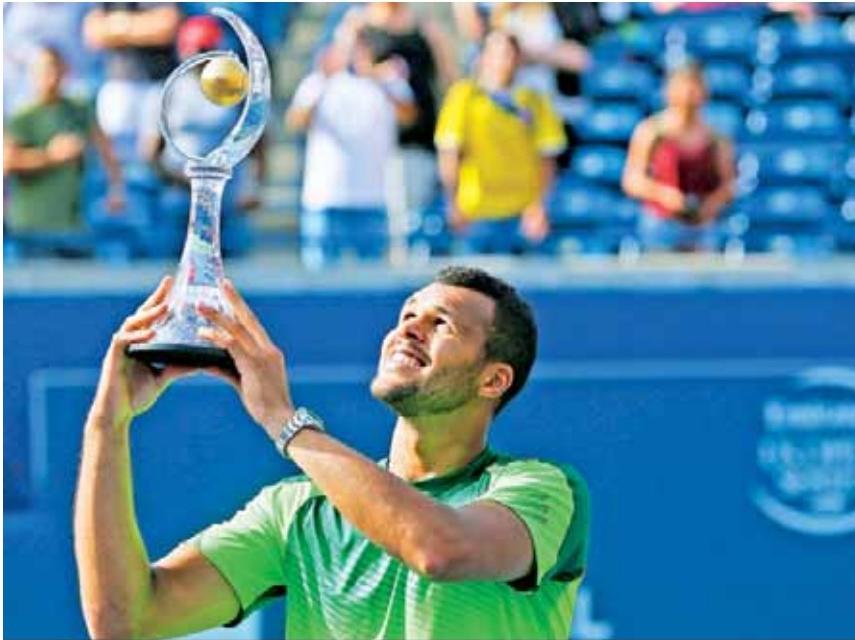
He didn't have big expectations entering the tournament but proceeded to take down some of the biggest names in tennis en route to the final.

Once he got there, arguably the greatest player in the sport's history became his latest victim.

Tsonga relied on his powerful serve and strong baseline game in a 7-5, 7-6 (3) victory over second-seeded Roger Federer at Rexall Centre on Sunday. The Frenchman took advantage of a rare off-day from the Swiss great and capitalized on his chances.

"I'm working hard, my motivation came back," said Tsonga, who has battled knee problems over the last two years. "I want to win, I want to play my best tennis on the court. And it happened today."

It was his fourth straight victory over a top-10 opponent. He upset top-seeded



Jo-Wilfried Tsonga of France holds up the Rogers Cup trophy after his win against Roger Federer of Switzerland at the Rogers Cup final at Rexall Centre at York University in Toronto on Sunday. RONALD MARTINEZ/GETTY IMAGES

Defeated

"I just couldn't create enough opportunities. So I think he deserved to win at the end of the day."

Roger Federer

Masters 1000 Series win and his first victory at this event.

He took out three members of the so-called Big Four this week. The other, 2013 champion Rafael Nadal, withdrew due to injury.

"I think for me it's going to be a new motivation because just last year I always lost against those guys and it was really frustrating for me," he said. "Then today a win against (Federer), it's good for me, it's good for my ambition and it's good for my career."

THE CANADIAN PRESS

In Montreal

Agnieszka Radwanska was the best, most consistent player all week, and that's what made her the women's Rogers Cup champion.

The third-seeded Radwanska, the first Rogers Cup champion from Poland, defeated Venus Williams 6-4, 6-2 to pick up her first tournament win of the year at the hardcourt event and the \$441,000 winner's prize.

After fatal hit

Stewart pulls out of Watkins Glen

Tony Stewart pulled out of the NASCAR race at Watkins Glen Sunday, 12 hours after the three-time champion struck and killed a sprint car driver who had climbed from his car and was on the darkened dirt track trying to confront Stewart during a race in upstate New York.

Greg Zipadelli, competition director for Stewart-Haas Racing, said at a news conference that Stewart "feels strongly" about not competing Sunday following the death of Kevin Ward, Jr. The decision was an about-face for the organization, which initially said Stewart would line up at Watkins Glen. THE ASSOCIATED PRESS

PGA Championship

McIlroy wins at a soaked Valhalla

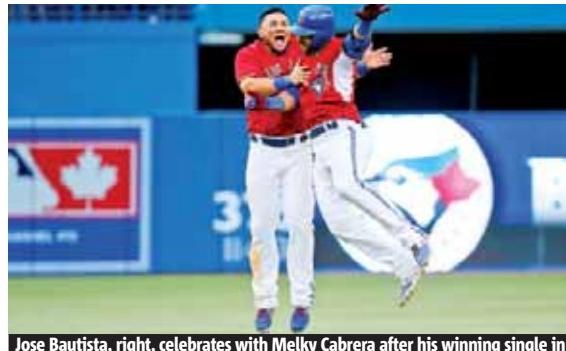
The challenge finally arrived for Rory McIlroy, and he was better than ever to win the PGA Championship.

On a back nine filled with as much tension as a major can provide, McIlroy emerged from a four-man battle with flawless golf to outlast Phil Mickelson and the darkness Sunday at Valhalla and capture his second straight major.

McIlroy closed with a 3-under 68 and became only the fourth player in the last century of golf to win four majors at 25 or younger. The others were Tiger Woods, Jack Nicklaus and Bobby Jones, three of the game's greatest players.

Boy Wonder appears on his way to belonging in that group. THE ASSOCIATED PRESS

Bautista ends historic 19-inning game



Jose Bautista, right, celebrates with Melky Cabrera after his winning single in the bottom of the 19th inning Sunday in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Jose Bautista hit an opposite-field single in the bottom of the 19th inning to give the Blue Jays a 6-5 comeback win over the Detroit Tigers Sunday in the longest game in Toronto's club history.

Tigers starting pitcher Rick Porcello (13-7), in a relief role, intentionally walked Melky Cabrera to load the bases with none out to set the stage for the Blue Jays' second straight walk-off win over Detroit.

Munenori Kawasaki, who trotted in with the winning

run as the ball bounced against the wall over a drawn-in outfield, started the inning with a single. He moved to third when Porcello fielded Jose Reyes' sacrifice bunt but threw the ball away.

The Jays trailed 5-0 in the fourth inning.

At six hours and 37 minutes — and 19 innings — it was the longest game in Blue Jays history.

The Blue Jays had several glorious chances to end it earlier. But Juan Francisco

in the ninth and 15th innings, and Bautista in the 13th, failed to produce the winning run with the bases loaded.

The Blue Jays left 24 runners on base.

The Tigers, who loaded the bases with one out in the 16th but couldn't score, left 19 runners on.

Toronto (63-56) now hits the road for eight games over the next 10 days beginning Monday night in Seattle.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The planets are working in your favour at the moment, making it easy for you to resolve issues with partners and loved ones. Tell them how you feel — then just let it go.

♉ Taurus

April 21 - May 21

You do not enjoy having your private life made public and you will have to let someone know their big mouth is not appreciated. They'll get the message, if you say it with enough menace.

♊ Gemini

May 22 - June 21

If you start shouting back at people who raise their voices today you will be the loser. Calm yourself. There is nothing to be gained by getting worked up about trivial issues.

♋ Cancer

June 22 - July 23

A friend or family member needs your assistance. You know from your own experience how difficult it can be to ask for a helping hand, so make the first move.

♌ Leo

July 24 - Aug. 23

A small act of kindness now will pay large dividends later on. Do what you can to turn frowns into smiles.

♍ Virgo

Aug. 24 - Sept. 23

If you're attracted to someone you must let them know. Chances are they feel the same way about you.

♎ Libra

Sept. 24 - Oct. 23

You will find it easy to put your thoughts into words — and to deliver those words with considerable force. You are not in the mood to protect other people's feelings.

♏ Scorpio

Oct. 24 - Nov. 22

You must get something you promised you would finish out of the way before the end of the day. Once it is done you can turn to the things you want to do with a clear conscience.

♐ Sagittarius

Nov. 23 - Dec. 21

More things will go right than go wrong over the next few days, so stop worrying, start smiling and make fun things happen.

♑ Capricorn

Dec. 22 - Jan. 20

You may not care what is going on in the wider world but you will have to wake up to the fact that outside events have a big impact on you. Try to be more outgoing this week.

♒ Aquarius

Jan. 21 - Feb. 19

Don't waste your time doing things you do not enjoy. What will be will be, so let fate take its course.

♓ Pisces

Feb. 20 - March 20

A dispute that has been going on for as long as you can remember is getting tedious, so make this the day when you switch off from it and do something more interesting.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Non-meat 'meat'
- Nair competitor
- Frank or Dweezil
- Have ___,
(Know 'somebody')
- Writer Ms. Bronte
(b.1820 - d.1849)
- Alexis __ Plaza, in downtown Montreal
- __ for the camera
(Becomes a ham)
- Ore deposit
- Fittingly make do
- Setting of Shakespeare's The Comedy of Errors
- Me: French
- German pronoun
- ___.number (Ring!)
- Gothic cathedral city in France
- Lunch-in-the-park sight: 2 wds.
- Mr. Donner who sounded like Elvis
- Bridal fabric
- Cite
- Giant of ancient Greek mythology
- __ necklace
- Additional
- Premiere
- Toronto football players, to fans
- Aries animal
- "Ain't it good / Ain't it right...":
- 1974 Andy Kim chart-topper: 3 wds.
- Dapper
- "Good stuff!"
- She-poulet
- Passports, e.g.

Down

- 15
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Jeffersons' theme song: 2 wds.

3. 1999 Edward Norton/Brad Pitt flick: 2 wds.

4. Camouflaged

5. Pet __ (Pet products chain)

6. Adam and Eve's

grandson

7. Halt

8. Be rife with

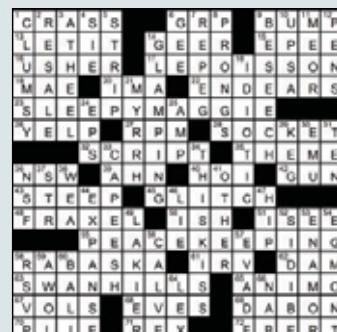
9. Moses __ Canadian media trailblazer

10. Boost

11. Chapter of sorts

12. __ the oven

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	1	6	7	3	4	2	9	8
9	8	2	1	5	6	3	7	4
3	7	4	8	2	9	5	6	1
1	6	5	2	8	7	4	8	3
8	2	9	5	4	3	7	1	6
4	3	7	6	8	1	9	2	5
7	4	8	3	1	2	6	5	9
6	5	3	9	7	8	1	4	2
2	9	1	4	6	5	8	3	7

1			4
8	3		6
4		8	3
2	4	6	7
5	7	2	9
8		1	5
5	1	4	2
9			1

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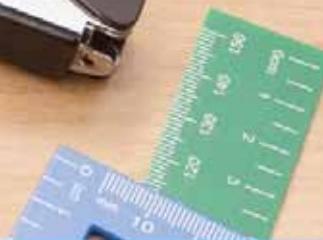
Derek Cardigan 7003 Black



Derek Cardigan
7036 Light Brown Horn



Derek Cardigan
7040 Dark Tortoiseshell



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